



March is upon us and brings with it Spring, as well as a two-week holiday from school! Students and staff have been working very hard and are ready for some sunny weather and time to relax and recharge.

We would like to thank all parents and guardians for their diligence in following our school safety plan, especially wearing masks, making appointments to visit the Office, and the pick up/drop off of children.

Hopefully rules will change soon and we can enjoy the smiling faces of our students in the sun. Best wishes for a happy, safe and fun March break for you and your family!!

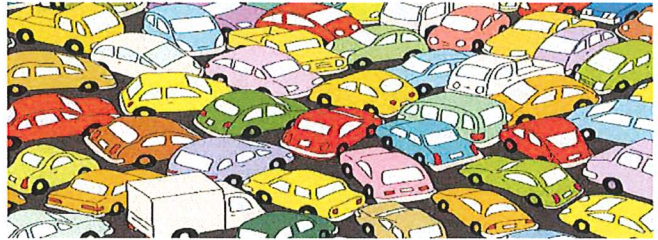
Sincerely,

Rob Ellis & Spencer Ward



Verification forms and student fees

Please make sure your child's verification form is complete with any necessary changes, if any, and that student fees have been paid. If you are unsure of how much fees are please don't hesitate to contact the school. Also, if school fees are a financial burden please let Mr. Ellis know and arrangements will be made.



Parking Lot and Drop-off Lanes

Winter time always complicates the drop off and pick up process at HPE, as most of you know already. We ask that you be respectful of others by not parking in places (snow banks, double-park, etc.) that are going to cause havoc and safety concerns. The IPE parking lot is available to you for parking which does mean a little walk to the school; however, by parking there it does clear up congestion at HPE and makes it safer for our little ones.

Kindergarten Registration

Kindergarten registration for the 2022-2023 school year took place in October but we are still open for those who have not yet registered their child for the upcoming year. If you know of someone who has a soon-to-be kindergarten aged child and they have not yet registered the child, please let them know to come to the office to fill out the paper work.



GOAL 1 STATEMENT: Math: To improve student success in Math. foundational concepts and skills

GOAL 2 STATEMENT: Writing: To focus on enhancing our students' ability to be proficient in using meaning, style, form and conventions when writing.



Satisfaction Surveys

During the months of January to April, School District #83 is participating in the 2022 Ministry of Education Electronic Anonymous Student Learning Survey Project in cooperation with other school districts in the Province. Parents and Caregivers can complete the online Anonymous Student Learning Surveys **any time before 11:59 pm April 30th, 2022**, providing immediate results to the school and the district.

Rapid Antigen Tests Available

Visit the SD83 website for further details about Superintendent Donna Kriger's letter.



The Board of Education of
School District No. 83 (North Okanagan-Shuswap)
341 Shuswap Street SW, Box 129, Salmon Arm, BC, V1E 4N2
Phone: (250) 832 2157 Fax: (250) 832 9428

February 28, 2022

Dear Parents/Guardians/Caregivers:
RE: Distribution of Rapid Antigen Tests

The Ministry of Education has made Rapid Antigen test kits available for K-12 students across the province of British Columbia. The use of rapid tests builds on existing COVID-19 testing programs which are currently in place within communities across the province. All kits have been Health Canada approved and instructions regarding their use can be found at the SCCDC's [Rapid Testing At Home web page](#). Though schools have been provided with adequate tests for all students, SD83 will be distributing tests for students in K-7 through parent/guardian/caregiver pick up. Students in grades 8-12 will be able to request a kit from their school according to the distribution process established by their principal.

"By making rapid tests available to symptomatic students in rural and remote communities, we are using an additional tool to strengthen the continuity of learning," said Jennifer Whiteside, Minister of Education. "Since the return to class on Jan. 10, teachers and staff in B.C. have worked diligently to ensure classrooms and schools continue to be safe places and spaces for students to learn. I thank them for the tireless work they do each day to give students every opportunity to achieve their best."

I want to thank you for the care, concern and respect you continue to demonstrate through these challenging times.

Sincerely,

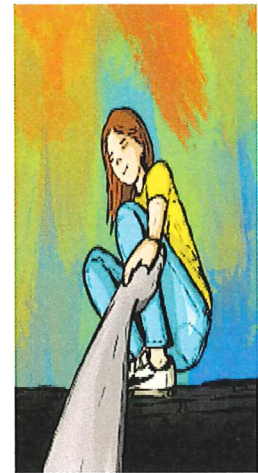
Donna Kriger
Superintendent of Schools

Managing Anxiety in Children

Students & families have experienced significant stress and anxiety over the last 2 years. Dr. Larsen will provide a learning session for adults about anxiety in children. He will build understanding about what anxiety is, how to identify if it's problematic, and will give strategies to help children manage anxiety. Visit HPE's school website for more details.

A Practical Approach to Managing Anxiety in Children

with
Dr. Sean Larsen, PhD.



Problematic anxiety in childhood is common and disrupts opportunities for healthy experiences. Anxiety can influence a child's ability to achieve academically, make friends, or find reward in the activities they take part in. About one in ten Canadians will access mental health support for mood and anxiety disorders in their lives and a far larger percentage could benefit from these supports and a better understanding of what anxiety is and how it impacts their lives.

Designed for parents and educators, this online workshop will give you essential tools to better understand anxiety in children, recognize when it is becoming problematic, help children build the capacity to overcome it, and create environments to foster better outcomes for those struggling. Drawing on literature on brain development, emotional regulation, psychology, and years of clinical experience I will help you better understand children's anxiety and how to support them in more meaningful ways.

Thursday, March 10, 6:30 - 8:30 pm

[Click here to join the meeting.](#)

Everyone is welcome.
Pre-registration is not required!

SCHOOL DISTRICT NO. 83 (NORTH OKANAGAN-SHUSWAP)
STUDENTS FIRST | ORGANIZATIONAL EFFICIENCY | CULTURE OF HEALTH & WELLNESS

GOAL 1 STATEMENT: Math: To improve student success in Math. foundational concepts and skills

GOAL 2 STATEMENT: Writing: To focus on enhancing our students' ability to be proficient in using meaning, style, form and conventions when writing.

Glee Club

Little Jammerz is offering a Free Online Glee Class for students in Grades 1-5.



FREE Glee Club Class

Little Jammerz will be running a free online Glee Club Class for students that love to sing and perform in Grades 1-5

Students will learn to sing & perform pop songs with cool dance moves.

We focus on pitch, breathing, and performing techniques

The class will be taught live online using Zoom. To Sign up please go to littlejammerz.com/mar30 or scan the qr code at the bottom with your phone

DATE: Wednesday March 30th, 2022
TIME: 5PM-5:30PM

To Sign Up: Go Online to
LittleJammerz.com/mar30

or

Scan This QR Code below to open link:



For any questions please contact: info@littlejammerz.com

Sun Safety

The Canadian Cancer Society's SunSense Program for elementary schools is now available in British Columbia. The program provides free resources and sun safety plans that will protect staff and students from harmful ultraviolet radiation and reduce the risk of skin cancer.

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SunSense
Supporting schools to create sun safe environments

Outdoor play and learning are essential to children's health and development. Learning about sun safety and enjoying the outdoors in a healthy and safe way is an essential part of every child's education and can reduce risk of developing skin cancer.

About SunSense
SunSense supports Canadian elementary schools to create a sun safe environment that protects students and staff from harmful ultraviolet radiation. Schools are provided free tools and resources to develop and implement sun safety action plans that include education, policy and the enhancement of shade.

Become SunSense Certified
By completing SunSense 'actions' your school can earn points towards certification. The level of certification - bronze, silver, gold - is based on the number of points earned. Those schools that do not earn enough points will be recognized as a Participant.

Tools and Resources Include:

- Teaching guide with lesson plans and experiments
- Activity sheets
- Letters to parents/caregivers
- Parent Information Postcards
- SunSense Tips Poster
- Policy Guide with Sample Policies
- Shade Planning Guide
- And more.

To learn more email sunsense@cancer.ca or visit sunsense.ca

BC Cancer, Health Canada, SunSense, Canadian Cancer Society, Association canadienne de dermatologie, The Canadian Cancer Society National Centre for Skin Cancer Programs and Services, The Skin Cancer Foundation

Important Dates:

- Mar. 10th Div. 1, 2, 3 @ Silver Star
- Mar. 11th Pro-D Day
- Mar. 17th Div. 1, 2, 3 @ Silver Star & Green & Gold Spirit Day
- Mar. 18th Last Day before Spring Break & PJ's Spirit Day
- Apr. 4th First Day after Spring Break

At Highland Park Elementary we believe:
Respect of self, others, and property
Responsibility for actions and decisions
Right to enjoy lifelong learning

